

# Upper Peninsula Communities That Care #UPCTC

# July 2022

## Quarterly Newsletter



## Suicide Prevention Walks

September is National Suicide Prevention Month, with September 10 being World Suicide Prevention Day. Many of our coalitions are holding suicide prevention walks in their counties, or supporting partner walks. Suicide prevention is for everyone, and the more people who learn how to identify risks and ways to help, the safer our communities are!

- **Delta County CTC:** Supporting the Delta County Suicide Prevention Task Force's End the Silence Walk on September 10 beginning at 9:00 am, Ludington Park
- **Dickinson/Iron CTC:** Fifth Annual Hope2Help Walk on September 18 beginning at 2:00 pm, Midtown Mall
- **Houghton/Keweenaw CTC:** Sixth Annual Suicide Prevention Walk & Picnic on September 10 beginning at 11:00 am at Kestner Waterfront Park
- **Marquette County Cares:** Supporting the Marquette County Suicide Prevention Alliance's Suicide Prevention Walk on September 18 starting at 2:00 pm at Al Qual

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## Vaping Education

NorthCare Network purchased licenses for VapeEducate, a self-paced online learning module about the unique risks of vaping for teens. Parents, school staff, and other community members can register at [www.upctc.com/classes](http://www.upctc.com/classes). Licenses expire

Grant funding for each coalition provided by NorthCare

Visit our website at [www.upctc.com](http://www.upctc.com) or email [UPCTCs@gmail.com](mailto:UPCTCs@gmail.com)

Find us on Facebook & Instagram @UpperPeninsulaCTC



NorthCare Network

# Guiding Good Choices Monthly Education

Guiding Good Choices (GGC) is a free family class for anyone who interacts with middle schoolers. It provides the skills to reduce youth’s risk for using alcohol/other drugs.

The class is six sessions of two hours each week. Children are required to attend one session that teaches peer resistance skills. The other sessions are solely for parents. Gift cards are offered if you complete all six sessions.

Learn more and register online at [www.upctc.com/classes](http://www.upctc.com/classes).

We’re always seeking members at the CTC table to help with planning events, raising funds, and other tasks. To make sure new members have information about prevention science and how CTC works, we’re now offering monthly educational sessions.

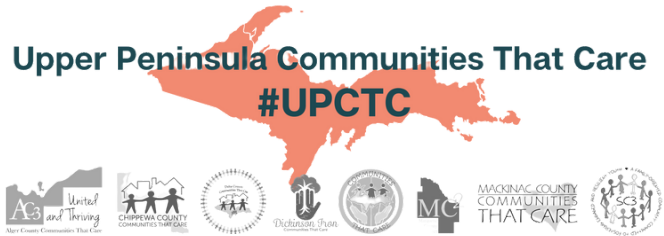
Sessions are virtual and only take an hour and a half. Times will vary to make it easy for members to find a class that works for them. Watch for our “Intro to CTC” events on Facebook or on our website at [www.upctc.com/classes](http://www.upctc.com/classes).

## Get Involved

Each of our CTC coalitions is coordinated by one of the agencies to the right. We are grateful to our community partners, but for our coalitions to work we need people from all walks of life.

Parents, professionals, retired folks, young people--there’s a place for everyone to share their skills and passion around the CTC table!

Find your local CTC and reach out today: [www.upctc.com](http://www.upctc.com)



Support youth-focused prevention



# Alger County Communities That Care (AC3)



Alger County Communities That Care

Coordinated by Hans Eriksen

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**#AC3CTC**



The AC3 takes pride in the prevention work we do with our Alger County youth. That being said, we realize that they need a bigger voice in our coalition. We are excited to have started a campaign aimed at youth recruitment to get better feedback and direction right from the source. We continue to strive to be as diverse and as wholly represented as possible. If you are interested in becoming part of the cause to promote a safe, healthy, and prosperous environment for all youth and adults, please contact us today!

We also take pride in our partnership with Big Brothers Big Sisters. In conjunction with our Prevention Network grant, we are excited to have begun working on a campaign with BBBS to increase matches in Alger County in the school and community. These can have a positive lasting impact on a child's life. If you have interest in being a Big or enrolling a child please contact (906) 475-7801 or [INFO@BBSMQT.ORG](mailto:INFO@BBSMQT.ORG)

Have a Safe Enjoyable Summer!



**Big Brothers  
Big Sisters®**

**OF MARQUETTE &  
ALGER COUNTIES**

# Chippewa County Communities That Care



Coordinated by Clara James

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## #ChippewaCountyCTC

This April we held an in-person event on 4/20 with the local Lume facility. We put a lot of thought into the choice to partner with a marijuana facility, and our experience has helped our coalition highlight the risk for harm of legal substances by underage youth. The project was a success all the way around. We gave away 54 lock boxes with educational materials and resources to help families decrease youth access to substances. We want our community to be healthier by choosing to lock up not only marijuana paraphernalia but also medications and vaping products. Everyone was grateful to have the lockboxes, and we received helpful feedback from Lume customers. The Lume staff were great partners, assisting with setup and taking a lockbox to further endorse the message we were sharing.

In May we were invited to have a table at the Sault High Mental Health Fair. We focused on decreasing stigma, handing out Dial Help crisis line and Safety Net Program resources, and info on the National Suicide Prevention Lifeline. We used a plinko board to get kids to the table and handed out inspirational painted rocks, semi colon suicide prevention temporary tattoos, #SupportNotStigma bookmarks, sensory slime, CTC keychains, and more. We handed out over 1,000 resource cards and had a very positive response from the community. Our request was "take a card, use it, give it to a friend, share with a family member, just make sure it doesn't get thrown in a drawer where it won't help anyone."

In June our coalition provided a presentation to West Bridge Apartments in their common room, with information on our coalition and lockboxes, Narcan, and prescription drug deactivation bags distributed. We provided resources on harm reduction programs, FAN, and safe drug storage and disposal. We also got a start on developing Social Development Strategy (SDS) projects with Great Start Collaborative.



# Delta County Communities That Care



**Delta County  
Communities That Care**  
*Empowering Youth. Impacting Communities.*

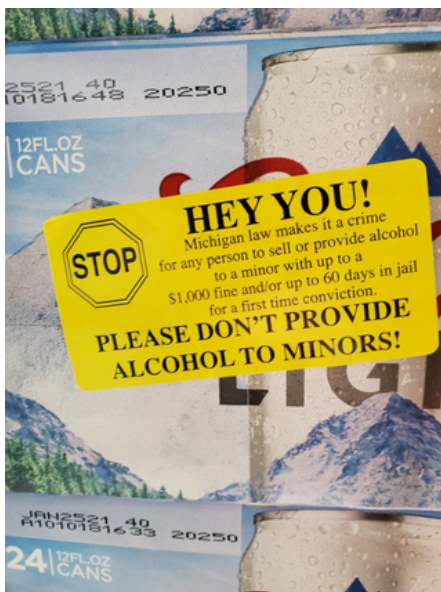
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**#DeltaCounty  
CommunitiesThatCare**



In recent months, Delta County CTC members have been working on rebranding our coalition. As part of this effort, the coalition has been working on creating a new logo and slogan. In early May, the logo was finalized and has replaced the old logo. The coalition's goal for 2022 and 2023 is to create community awareness of what Delta County CTC's mission is and to recruit new community members. To accomplish this goal, Delta County CTC has created several radio ads, a TV commercial, and is working on creating billboards.

Several members recently participated in Sticker Shock at local grocery stores to bring awareness to the community about not providing alcohol to underage kids. Another recent event in the community that the coalition participated in was Camp 911. CTC members volunteered to educate middle school kids on the dangers of underage drinking and drug use. The presentation was part of a two day event that taught middle school students safety and emergency preparedness skills as well as drug and alcohol prevention education. Delta County CTC partnered with many local agencies to help put on the event.



# Dickinson/Iron Communities That Care



Coordinated by Traci Johnson  
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**#itcouldbeyou**  
**communitiesthatcare**



Dickinson Iron Communities That Care is starting to plan for the 5th Annual Hope 2 Help Suicide Awareness walk. Our coalition is planning on doing it BIG this year with a bounce house, raffle, local music by Melanie Rose, balloon animals, guest speaker Jeff Olsen (Do it for Daniel). We are actively looking for more volunteers to help with the walk.

Thanks to a grant from the Prevention Network we have had one of our staff trained and started the TOP Club program in Dickinson and Iron Counties. We are looking for volunteers to help with this program as well.

In April we had a showing of Written Off at one of our schools for students along with a panel of experts for them to ask questions, and an evening showing for parents. On April 30 we had our Drug Take Back day across the Upper Peninsula.

## **5<sup>th</sup> Annual Hope 2 Help Suicide Awareness Walk**

**Sunday, September 18<sup>th</sup> 1pm-5pm**

**Midtown Mall Parking Lot**



**Co-Hosts are Oscar G Johnson VA  
Northpointe Behavioral Health**

**This year will be BIG!!**

**We will have face painting, a bounce house, balloon animals,  
live music, t-shirt tent & food**

**Guest speaker: Jeff Olsen (Do It For Daniel)**

**We will not be having pre-registering this year, instead we will have t-shirts at the event to purchase.**

# Houghton/Keweenaw Communities That Care

Coordinated by Callisto Cortez

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## #HKCTC



In April, Houghton/Keweenaw welcomed the new CTC Coordinator, Callisto Cortez. She jumped right in to get things moving and revamped for the coalition. We're looking forward to see what the next year brings us!

April 22nd to the 23rd, three of the UP TOP Clubs had an overnight field trip to the Upper Peninsula Children's Museum. It was a great experience for the kids involved and chaperones as well.



HKCTC collaborated with the local TOP Clubs to decorate a parade float and host a booth for the 2022 Bridgefest event in June. It was a great effort in not only getting the Communities That Care name out there but, letting the community know that there's an after school program (TOP) for kids 6th-8th grade that teaches them many useful skills that benefit them into adulthood.

For Mental Health Awareness month in May, HKCTC held a virtual event for anyone to participate in association with SAMHSA's National Prevention Week. Anyone could create artwork with the theme "Living Healthy Lives" and tag HKCTC or use the hashtag #HKNPW2022.

June 14th, the new Coordinator held a Key Leader Orientation with the help of CTC coach Gery Shelafoe. Thank you to the leaders who attended!



# Mackinac County Communities That Care

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MACKINAC COUNTY  
COMMUNITIES  
THAT CARE

#MackinacCTC



This spring, Mackinac CTC continued its support of the EUP Hidden in Plain Sight Trailer. This is an interactive experience for parents to walk through a typical teenagers bedroom to discover what types of clues might be hiding in plain sight that could be indicate their child is partaking in risky behaviors like using alcohol or other drugs. This April the trailer made an appearance at the Engadine Consolidated Schools parent teacher conferences.



For Mental Health Awareness Month in May, Mackinac CTC partnered with Mackinac Public Schools and the Mackinac Island Community Foundation to put on an event that focused on supporting youth mental health for grades 5-12. Jill Connin (MSU Extension), Sam Radecki (LMAS Health Educator), and Meghann Wolvert (CTC Coordinator and Prevention Specialist with GLRC) worked with students on healthy coping skills through yoga, mindfulness, setting SMART goals, and time management.

Also this spring, Mackinac CTC partnered with LMAS Harm Reduction and Mackinac Sheriff's office to hold a drug take back event on April 30th at the Cedarville Community Center. Twenty-seven people come through and 35lbs of medication was collected.



The Mackinac CTC also completed their Community Needs Assessment. The full report and info-graphic for the 2021 data can be found at [www.upctc.com/mackinac](http://www.upctc.com/mackinac)





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#MarquetteCountyCTC



## Project "Sticker Shock" Hits West Ishpeming!

Project Sticker Shock is a youth-driven awareness campaign designed to educate the public and change attitudes about supplying alcohol to anyone under 21. The project organizes youth to place stickers on the outside of beer boxes with the warning "If They Can't Buy It.. Don't Supply It." We "stickered" Jim's Jubilee Foods on Thursday, June 2nd, from 4-5pm with amazing community engagement!

We thank our MC<sup>2</sup> community partners: Great Lakes Recovery Centers, Ishpeming Police Department, and Jim's Jubilee Foods for their support of Sticker Shock!



The next all-member MC<sup>2</sup> meeting will be held on **July 20th 2022 at 1:00PM** in the basement conference room of the Marquette County Health Department (184 US 41 E Negaunee, MI). This will be a hybrid meeting with lunch provided!

### Web Article:

<https://www.upmatters.com/news/local-news/north-central-up/project-sticker-shock-aims-to-cut-down-on-purchasing-and-supplying-alcohol-for-minors/>

### Youtube Video Link:

[https://www.youtube.com/watch?v=NgKJ21SdJNk&ab\\_channel=WJMNLocal3](https://www.youtube.com/watch?v=NgKJ21SdJNk&ab_channel=WJMNLocal3)



The Spring Community Resource Fair was a success! Marquette County Cares handed out over 100 medication safety disposal kits, fentanyl testing strips, and information about what amazing youth prevention initiatives MC<sup>2</sup> is supporting in our community!



# Schoolcraft Communities That Care Collaborative (SC3)<sup>10</sup>

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#SC3



We have started our Question, Persuade, Refer (QPR) sessions in Schoolcraft County and want to thank Kelli Beaudry for leading the initiative in sharing this mental health and suicide prevention information. If your organization, or any community members want to learn more, we are available to answer any questions or schedule a free training.

FolkFest went amazing and we were thrilled by all those who came out to support the SC3 coalition, as all funds go back into provide programs and resources to the community. We collected \$200 and had four amazing volunteers who stepped up and were willing to get a pie in the face for a good cause. Lee Ann Wilmoth was the winner, and we couldn't be more grateful for the support from the community.

